

EMERALD BAY  
RETIREMENT COMMUNITY & MEMORY CARE

# MONTHLY Newsletter

September Issue, 2024

## Kayla's Korner

### Healthy Aging Month

Healthy Aging Month, established over 30 years ago, promotes healthier living and managing the challenges of aging. The Alzheimer's Foundation of America recommends 10 steps for healthy aging:

1. **Eat Well:** Focus on fruits, vegetables, and a low-fat diet. Limit red meat, fried foods, salt, and sugar.
2. **Stay Active:** Exercise boosts brain function and mood.
3. **Learn New Things:** Engage in new hobbies to challenge your brain.
4. **Get Enough Sleep:** Aim for 7-9 hours of consistent sleep each night.
5. **Mind Your Meds:** Consult your doctor or pharmacist about new or existing medications.
6. **Stop Smoking and Limit Alcohol:** Avoid smoking and excessive alcohol to reduce health risks.
7. **Stay Connected:** Maintain social interactions for cognitive and emotional health.
8. **Know Your Blood Pressure:** Regularly check and manage your blood pressure.
9. **See Your Doctor:** Keep up with health screenings and checkups to manage chronic conditions.
10. **Get a Memory Screening:** Include memory screenings in your annual health exam.



### SEPTEMBER PACKER SCHEDULE

Friday, September 6th—7:15pm  
@ Philadelphia

Sunday, September 15th—12:00pm  
@ Home Vs. Indianapolis

Sunday, September 22nd—12:00pm  
@ Tennessee

Sunday, September 29th—12:00pm  
@ Home Vs. Minnesota

### This Issue

Kayla's Korner  
Powerback Rehabilitation  
Tyler's Take  
Memory Care  
Resident & Employee Spotlights  
Obituaries  
Dates to Remember  
Our new residents

EMERALD BAY  
RETIREMENT COMMUNITY & MEMORY CARE

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## Powerback Rehabilitation®

Falls occur when we least expect it; however, there are opportunities to decrease the risk of falls by taking the time to remove or reorganize items in the home. Completing a home safety check with a family member or caregiver will increase your awareness of potential risks and allow you to address areas of concern. The Centers for Disease Control (CDC) shared that 3 million older people are treated in emergency departments for fall injuries yearly. One of the most common areas where falls occur is in the bathroom. A significant modification you can make to your bathroom is use of adaptive equipment for fall prevention, a skilled therapist can provide, and assessment and recommendations for equipment for fall prevention.

### Steps to take to decrease falls in your home:

- Arrange furniture to allow for a clear pathway
- Place your telephone/ smartphone near your bed
- Add a night light to illuminate the path from your bed to the bathroom
- Place electric cords out of the walkway; however, do not place them under the rug
- In your bathroom, put a rubber non-slip mat in the bathtub or shower
- Rearrange your closet by placing commonly worn items where you can reach them without bending or stretching
- In your kitchen, place commonly used items within easy reach
- In your frequently used rooms, increase the overhead lighting and use the highest wattage allowed for your lamps

### Steps to take yourself to decrease falls:

- Begin an exercise program to improve your leg strength & balance, such as Tai Chi
- Ask your doctor or pharmacist to review your medications and possible side effects that may affect balance
- Schedule an annual eye check- up & update your eyeglasses if needed
- Use comfortable/appropriate fitting footwear

## Tyler's Take

Indulge your sweet tooth and join us for a delightful chocolate-making class right here in our community! Whether you're a seasoned chocolatier or a curious beginner, join us in a workshop will teach you about the art of crafting chocolates from start to finish. Discover the secrets behind your favorite chocolatey treats while having fun with your neighbors. The class will be held on September 27<sup>th</sup> at 1:00pm in the activity room, and all materials will be provided. Don't miss this delicious opportunity to learn, create, and share some chocolatey joy with your fellow Emerald Bay residents. Let's make some magic with cocoa!



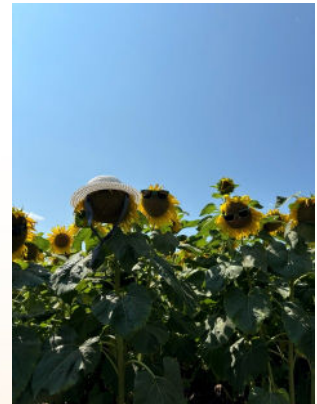
**Happy  
Birthday!**

## September

Arlene S., Gene W., Mary Ann G., Ruth B., Karen S.,  
Annette D., Dick H., Edie S., Craig K., Sharon M.,



## Reminiscing August



## Memory Care

### Dates to Remember

Events happening in September

September 6 Ice Cream Truck

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September 13 Magic Show

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September 18 Good for the Soul Music

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September 19 Uncle Mikes Bakery Outing

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September 20 Pizza Social

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September 21 National Alzheimer Awareness Day!

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September 26 Apple Pie Social

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September 27 Sun Drop Museum



Father God,

We come together to lift up and pray for the families and loved ones of those who lost their lives on September 11th. Lord, their lives will never be forgotten, and our hearts go out to those who lost someone dear from the events of that day.

Those left behind were robbed of such important and valuable people, Lord. Please comfort them as this anniversary returns yet again. Be present among them in their grief, and Lord, we pray that those surrounding them would offer kindness where they can. That they would be able to celebrate the precious lives of those who died with honor. May sweet memories of good times be shared and recalled, and may there be a sense of peace in knowing they do not grieve their loss alone. Please be bless them with Your love this day.

In Jesus Name,  
Amen

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**Happy  
Birthday!**

### September Birthdays!

Mary S., Grant T., Shirley D., Geraldine T.



## Resident Spotlight



We are thrilled to introduce a September Resident Spotlight: Melodee! A cherished member of our community who brings a great amount of experiences and passions to our community. Originally from Green Bay, WI, and raised in Suamico, WI,

Melodee has led a vibrant and fulfilling life. Before becoming a dedicated parent, Melodee worked in an accounting department. After starting a family, she chose to stay home to care for her children. Once her kids were older, she embarked on an entrepreneurial journey by opening a business, Heavy Construction Equipment, where she managed all the bookkeeping responsibilities. In addition to her professional achievements, Melodee is a proud mother of three and has a close-knit family with two siblings. She and her high school sweetheart, Bob, worked together to build their business. Melodee has been blessed with eight grandchildren and eight great-grandchildren. Outside of her professional and family life, Melodee enjoyed a variety of hobbies, including

sewing, skiing, snowmobiling, and crafting. She takes great pride in her and her husband's business accomplishments and her work in the office.

At our community, Melodee enjoys participating in crafts, outings, playing cards, and enjoying live music. She particularly values the freedom and independence provided, which allows her to continue living life to the fullest.

We're honored to have Melodee as part of our community and deeply appreciate the warmth and enthusiasm she brings to our community.

## Employee Spotlight

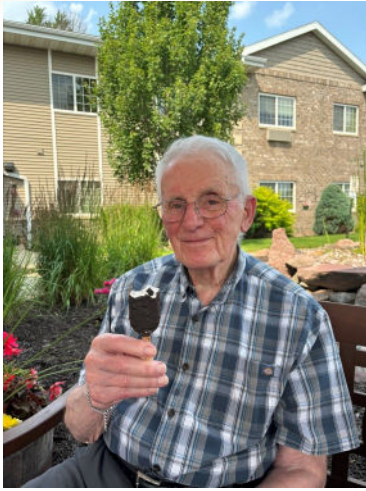


This month, we're excited to shine an Employee Spotlight on Selena! Selena has been a valued member of our team for the past two years. She is originally from Shawano, WI.

Selena enjoys camping, reading, canning, and spending time with her dog, Koko. Her greatest motivation comes from her family, who serve as her role models and inspire her daily.

Selena's favorite part of working here at Emerald Bay is connecting with the residents and learning about their unique stories and experiences.

We're grateful for Selena's dedication and genuine care for the people she serves. Thank you, Selena!



## Resident Spotlight

We are thrilled to introduce a September Resident Spotlight: Jerry! Born in Green Bay in 1930, Jerry's life has been one of remarkable service and rich experiences. Growing up on a farm in Sugar Bush, he began his career as a tractor and auto mechanic before serving in the Army during the Korean War. After his service, Jerry married Marcella on November 21, 1953.

He described Marcella as a hardworking "farm girl" with whom he had a deep connection with, having met her at a dance hall. Together, they raised six children and built a life full of love and dedication.

Jerry went on to work with Wisconsin Public Service in the electric meter department and was also a volunteer fireman. His dedication to the community was evident through his many acts of service. He volunteered as a Eucharistic Minister at St. Jude Church and actively participated in distributing food and clothing with St. Vincent De Paul. Additionally, Jerry served with the Knights of Columbus as a 4th Degree Honor Guard and consistently contributed blood donations throughout his life.

Jerry enjoys a full family life with 15 grandchildren and 19 great-grandchildren. His passions include woodworking, painting, traveling, photography, and genealogy, through which he has explored both sides of his family. At Emerald Bay, Jerry finds joy in watching birds from his window, working out, meeting new people, and savoring the good meals. He appreciates the variety of activities available and takes pride in how his children care for and support him. Jerry's life is a testament to his unwavering dedication to his family, community, and personal passions.

We are delighted to have Jerry as a part of our community!



## Employee Spotlight

We're excited to shine an Employee Spotlight on Cece, a valued member of the Emerald Bay team for the past two years. Hailing from the vibrant city of Chicago, Cece brings a unique blend of creativity and enthusiasm to everything she does.

Outside of work, Cece is passionate about painting and crafting clothing. Cece also enjoys riding motorcycles, skating, dancing, and doing hair.

Cece values her time with the residents

at Emerald Bay, stating that the connection with them is the highlight of her job. Her favorite part of working at Emerald Bay is getting a chance to make a positive impact on the lives of those she serves.

We're thrilled to have Cece as a part of our team and can't wait to see how her talents and enthusiasm will continue to enhance our community. Thank you Cece

## Obituaries

### *Saying Goodbye to our Dear Friends*

#### **Delores Philemene Scheffen**



Delores Philemene Scheffen, 94, Howard, passed away Monday, August 19, 2024. She was born September 15, 1929, in Stiles Junction to George and Philemene Mary (Gegare) Tappa.

Delores married Robert Scheffen Sr. on June 16, 1947. He preceded her in death on November 24, 2002. Together they raised four children. Delores was an active member of Good Shepherd Lutheran Church in her younger years, where she had been a

founding member. She was in bowling leagues for many years with her neighbors. Delores enjoyed baking and was always making something delicious. Above all else, Delores had a deep love for her family. She had a very special bond with her oldest granddaughter, Jennifer, who lived with her. She was proud to be a great-great-grandmother and met her first great-great-grandchild just two weeks ago. She is survived by her children, Robert (Joan) Scheffen Jr., Deborah (Terry "Mike") Toutloff, Marlene (Chris) Brzezinski, Pamela (Keith) Blondheim; grandchildren, Anne (Jonathan) Tereba, Kelsie (Jason) Simmons, Brooke (Adam) Wert, Jennifer (Greg Laehn) Wanner; great-grandchildren, Carsten, Ruby, Mia, Ty, Harper, Anders, Jetta; great-great-granddaughter, Ellaria; nieces, nephews, other relatives, and friends.

Delores was preceded in death by her loving husband, Robert Sr.;

grandson, James Wanner Jr.; her parents, as well as her brothers and sisters.

Friends and family gathered at Blaney Funeral Home, 1521 Shawano Ave., from 4 p.m. to 6 p.m. on Thursday, August 22; Funeral Service followed at 6 p.m. with Rev. Steven Fewell officiating. Burial was in the Nicolet Memorial Gardens. To send online condolences, please go to

[www.BlaneyFuneralHome.com](http://www.BlaneyFuneralHome.com).

The family wishes to extend a special thank you to the staffs of St. Mary's Hospital, Woodside Lutheran Nursing Home, Emerald Bay, and Unity Hospice for their sincere, gentle care given to Delores.

# Obituaries

## *Saying Goodbye to our Dear Friends*

### Melva Jean Lindauer



Melva Jean Lindauer of Green Bay, passed away peacefully on Saturday, August 10, 2024 surrounded by her family.

Melva was born on September 26, 1929 to Lyle and Ruth Tredinnick and grew up in Linden, WI. She was a cheerleader in high school and graduated from Linden High School in 1947 as valedictorian. Melva then went to Madison Business College and worked at the Fish Hatchery. On March 4, 1950, she married her high school sweetheart, Eugene Lindauer. She worked for Attorneys Kopp and McKichanin in Platteville for 5 years. Her fish hatchery work advanced to working for the State Sept. of Conservation, which became the Department of Natural Resources. She continued to work for them after moving to Green Bay in 1966, retiring as

Administrative Assistant for Property Management after 37 years.

Melva was a longtime member of Bethany United Methodist Church in Green Bay. She enjoyed spending time at their cottage on Shawano Lake. She enjoyed doing crafts with long time friends Dick and Elaine Baeten as the THE TRIPPERS, and would spend their crafting money traveling around the world. She also loved to watch sports with her husband.

Melva is survived by her four daughters: Tari (Don) Gray, Sherry Smith, Jeri Lindauer (Dan Jahr), and Mari (Rich) Johnson; one son: Cary Lindauer (special friend Cathy Megna); 11 grandchildren; 14 great-grandchildren; two sisters-in-law: Cathryn Tredinnick and Bonnie Lindauer; and brother-in-law: Gary Lindauer. She is further survived by nieces, nephews, other relatives and friends.

Melva was preceded in death by her parents; husband: Eugene Lindauer; son-in-law: Wayne Smith; step-father: Foster Allen; step-mother: Jeanne Tredinnick; brothers and sister-in-law: Donald Tredinnick and Doug (Doris)

Treddinnick; half brothers and sisters: Myles Allen, Viola Claire Alderete, and Barb Layman; four brothers-in-law and four sisters-in-law: Bill (Helen) Lindauer, Shorty (Lavonne) Lindauer, Royce (Donna) Lindauer, Larry Lindauer, and Donna Lindauer.

The funeral service to celebrate Melva's life was held on Wednesday, August 21, 2024 at 11:00 am at United Methodist Church, 535 Main St. Linden, WI with Rev. Lorrie McGranahan officiating. Relatives and friends greeted the family on Wednesday, August 21, 2024 at the church from 10:00 am until the time of service at 11:00 am. Melva was laid to rest next to her husband at Linden Cemetery.

Expressions of sympathy can be made to the family by visiting [www.lyndahl.com](http://www.lyndahl.com)

In lieu of flowers, donations can be made in Melva's memory to Aaron Smiths missionary page at [www.smithurene.com](http://www.smithurene.com)

The Lyndahl Funeral Home and Cremation Service is assisting the family with arrangements.



## Obituaries

### *Saying Goodbye to our Dear Friends*

#### **Alvina S. Sievert**



Alvina S. Sievert, 92, Hobart, passed away peacefully on August 27, 2024, at Emerald Bay Memory Care Facility in Hobart. The daughter of John and Rose (Westphal) Jaworski was born at home on December 16, 1931.

Alvina grew up in the Pulaski area and graduated from Pulaski High School with the class of 1950. She met the love of her life, Myron “Sonny” Sievert, at a wedding anniversary party in North Chase. The couple eventually married on February 23, 1952. Together they raised their family and farmed in the Town of Chase. After retirement, they enjoyed travelling to Africa, Hawaii, and Poland, and

many other destinations. Alvina was an active and longtime member of St. John Lutheran Church in Morgan and had been a 4H leader for many years. She was known for her beautiful flower gardens and exceptional pancakes. She loved canning, baking apple pies, making chiffon birthday cakes and brownies, and making jam.

Survivors include her daughter, Patricia (Brad) Leeman, Bonduel; three sons: Mark Sievert (fiancé, Pam Woods), Homeless, Mike (Amy) Sievert, North Chase, and Rod (Ann) Sievert, North Chase; 13 grandchildren: Wendy (Erik) Danielson, Heather (Cory) Demerath, and Jacob (Kathryn) Leeman, Brandi Sievert (Troy), and Al Sievert, Chase, Angela, Sophia, Evan, Issac, and Holden Sievert, Zachary (Lauren) and Nick Sievert; nine great-grandchildren: Mae Siefert, Abby, Brad, and Mason Demerath, Henry and Frankie Danielson, Charlotte, Malcolm, and Raylan Leeman; four brothers: Norbert (Carole), Eugene (Nancy), Matthew (Carol), and Ron (Kathy); a sister, Elaine (Norb) Verhaagh; sisters-in-law: Rose Jaworski, Georgia Jaworski, Mary

Herb, and Donna Jaworski; and many nieces, nephews and other family members.

In addition to her husband, Myron and parents, John and Rose, she was preceded in death by a son, Dale Sievert; a daughter-in-law, Judy Sievert; four sisters: Virginia (Bob) Burke, Dorothy (George) Pecht, Mary (Jim) McVey, and Grace Jaworski; six brothers: John, Bobby (Barbara), Eddie, Bill, Larry (Nancy), and Jimmy; and sisters-in-law: Beatrice (Donald) Rehn and Ione (Ralph) Schwartz.

Friends were invited to gather with family at St. John Lutheran Church, 3374 County Rd C, Oconto Falls (Morgan), on Saturday, September 7, from 9:00-11:30 a.m. The Funeral Service was celebrated at 11:30 a.m. with Pastor Katy Tomlanovich officiating. Interment followed in the Town of Morgan Cemetery.

The family would like to extend a heartfelt thank you to the Unity Hospice Team and the memory care staff at Emerald Bay.

## WORD SEARCH

### One-Room Schoolhouse

The words listed below can be found vertically, horizontally, diagonally, forward, and backward.



L	E	D	Y	S	G	W	I	N	T	E	R	M	R	N
U	N	R	N	T	N	I	Y	P	C	E	A	Y	A	N
N	I	A	O	U	I	D	A	I	M	R	G	R	L	H
C	L	O	I	D	G	H	J	M	B	M	I	D	C	X
H	P	B	T	E	N	G	U	L	S	T	Q	T	A	T
O	I	K	A	N	I	S	E	H	H	H	O	A	C	U
P	C	C	T	T	S	S	R	M	M	C	O	I	G	X
J	S	A	I	S	W	R	E	E	S	J	R	V	C	E
A	I	L	C	P	R	T	E	P	A	T	G	B	E	G
C	D	B	E	Z	I	S	O	C	S	D	N	A	B	L
K	Q	J	R	C	T	H	P	R	E	F	I	F	L	H
S	A	O	O	O	I	D	H	U	C	S	B	N	T	F
I	X	G	V	Z	N	S	W	E	E	P	S	C	G	V
W	W	E	Z	T	G	O	N	E	R	O	O	M	R	Y
A	J	C	H	J	H	L	L	E	B	I	A	U	Z	Y

ARITHMETIC	LUNCH	STOVE
BELL	MARBLES	STRICT
BLACKBOARD	ONE-ROOM	STUDENTS
DISCIPLINE	READING	SUMMER
FLAG	RECESS	SWEEP
HOPSCOTCH	RECITATION	WINTER
JACKS	SINGING	WRITING

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## HISTORY BEHIND OLD PHRASES

### ~Are you pulling my leg?~

**Definition:** To deceive or mislead someone.

**Origin:** This phrase originated from street thieves in 18th and 19th century London. Thieves worked in pairs, with one, called the "tripper," using a cane, rope, or wire to trip unsuspecting victims. As the victim fell, the other thief would rob them. "Pulling your leg" originally referred to this act of tripping someone but now only refers to deceiving someone in a playful or figurative sense.

### ~Butter someone up~

**Definition:** To overly compliment or lavish someone with excessive flattery.

**Origin:** In India, it was once a tradition to hurl ghee (a type of butter used in Indian cuisine) at the statues of deities as a way to ask for blessings and forgiveness. Likewise, a Tibetan custom, which originated during the Tang Dynasty (618–907), involves crafting butter sculptures for the New Year, with the belief that these offerings would ensure peace and joy for the entire lunar year.

### ~Straight from the horse's mouth~

**Definition:** Directly from the most reliable or authoritative source.

**Origin:** The expression "from the horse's mouth" originates from the world of horse racing. Those placing bets seek the most accurate tips, which typically come from individuals close to the horse, such as trainers or stable hands. When someone claims to have information "from the horse's mouth," it implies they received it directly from the most trustworthy source, even surpassing those closest to the horse in reliability.

## Dates to Remember

Events happening in September

**September 3** Comedy Show

**September 4** Menu Marvels & Music with Mike

**September 6** Doc's Harley Davidson

**September 10** Technology Class

**September 11** Fishing Outing & Vitals Clinic

**September 13** Walmart Outing & Magic Show

**September 17** Wellness Seminar & Resident Counsel Meeting

**September 18** Menu Marvels, & Sip & Paint

**September 20** Uncle Mike's Bakery & Buzzes Bowling Alley Outings

**September 23** Gym Basics Class

**September 24** Technology Class

**September 26** September Birthday Bash



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**Welcome to Emerald Bay**  
Marlene O., Paul K., Diana R.

Welcome to our community! We're thrilled to have you with us. Here, you'll find a warm, friendly environment with plenty of activities and opportunities to connect. Whether you're exploring our spaces, joining in events, or relaxing with neighbors, we hope you quickly feel at home. If you need any assistance, our team and residents are here to help. We're excited for this new chapter and look forward to creating wonderful memories together!